



The
WESTINGHOUSE
Refrigerator
BOOK

The Westinghouse Refrigerator Recipe Book



RECIPES TESTED AND RECOMMENDED

by

DEPARTMENT OF HOME ECONOMICS,
CANADIAN WESTINGHOUSE CO. LTD.,
HAMILTON, CANADA

Your Westinghouse Refrigerator

WHAT IT IS *and* WHAT IT DOES

N selecting the Westinghouse Refrigerator you have settled one of your most important housekeeping problems in a way which we feel confident will bring you lifelong satisfaction.

Adequate, safe and dependable refrigeration service is supremely important because it affects so many phases of our lives. It is an investment producing cash dividends in economy. It is the safeguard of the family's health. It is a convenience, second to none, in the saving of work and time and worry. And it is a service on which we rely . . . not for a few hours a day or a few times a week . . . but during every hour of every day throughout the year . . . a service that **MUST NOT** fail.

We believe that the simple explanations of its many features and conveniences and the wide selection of tested refrigerator recipes which this book contains, will add to your enjoyment of your Westinghouse Refrigerator and the unfailing service which it is built to render in your home.

Your questions or comments are always welcome. Please accept our invitation to write at any time.



HOW IT SAVES YOU MONEY

Your Westinghouse Refrigerator is not an expense but an investment which pays constant dividends in cash savings.

Naturally you will want your dividends to be as large as possible and, for that reason, we are suggesting some of the ways in which your ownership of a Westinghouse Refrigerator will save you money:

1. *Quality Buying*

You already know that large sizes of canned goods are cheaper to use than small sizes . . . that articles which cost 10c. each are often sold at 3 for 25c . . . that a half-pint bottle of cream costs less than two quarter pints . . . and so on down the whole list of everyday foods. With a Refrigerator you can buy all these perishable foods in the economical, larger sizes because you know they will be kept in perfect condition until they are used up.

2. *Saves Food Waste and Spoilage*

You will quickly discover that the ownership of a Westinghouse Refrigerator puts an end to food waste. See pages 26 and 27. Left-overs become really enjoyable. Small portions of food you were once compelled to throw out are now perfectly preserved to make some tempting tid-bit. Spoilage, too, becomes a thing of the past because the Safety Zone Food Compartment of your Westinghouse is always at the correct temperature to keep foods fresh, appetizing and wholesome.

3. *Special Week-end Prices*

Most stores feature special prices on foods during Friday and Saturday.



Without adequate refrigeration in the home, it is impossible to buy more than a few days' supply at these favorable prices, and thus the opportunity of saving is largely lost. Hand-to-mouth buying is always costly. With your Westinghouse Refrigerator you can lay in your whole week's supply

of food at the very lowest week-end prices and keep it as fresh and appetizing as it leaves the store. According to figures supplied by Canada's largest retail store organizations, this saving amounts to between 10% and 20% of the food-bill.

4. *Saves Cost of Ice*

Westinghouse literally stops your money from melting away. The money you would ordinarily pay out for *less efficient* refrigeration can be used for many other purposes. Owners agree, in a mere matter of months your Westinghouse Refrigerator has fully paid for itself, but these savings will continue for a lifetime.

HOW IT SAFEGUARDS YOUR INVESTMENT

The Westinghouse Refrigerator is an all-Canadian Product, built in the most up-to-date and complete electric refrigerator plant in Canada. Only by building its own refrigerator cabinets, as well as its mechanism, completely in Canada, can Westinghouse maintain absolute and direct control of every operation in their manufacture—thus enabling Westinghouse to maintain the highest standard of precision in the electric refrigerator industry.

Canadian-made

with an



INTERNATIONAL
BACKGROUND
of EXPERIENCE

HOW IT PROTECTS YOUR HEALTH

Night and day your Westinghouse unceasingly protects your health and the health of your family by safeguarding the wholesomeness and goodness of your food supply.



The Westinghouse Refrigerator defeats the three enemies which attack us through the food we eat. These enemies are: Yeast, Mold and Bacteria. Yeast is the tiny plant which causes fermentation. Mold is the blue or green plant-like growth with which you are familiar. Bacteria are those minute animal organisms which spread illness.

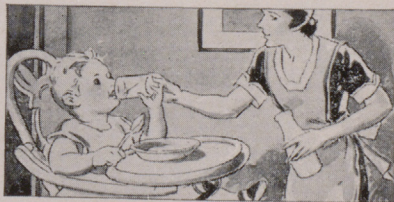
All of these thrive only in a warm, moist atmosphere. The cold dry air of your Westinghouse Refrigerator prevents their growth and keeps your food fresh, pure and wholesome.

Automatically the temperature of the Westinghouse Food Compartment is kept strictly within the "Safety Zone" . . . 33° to 50° F. . . at any point you may determine . . . a constant low temperature far different to the fluctuating temperature of melting ice.

Your Westinghouse Refrigerator pays you a further health dividend by making it easy and economical for you to serve the fresh foods necessary to your family's health. You can enjoy an abundance of fresh wholesome milk because you know that none of what you buy is going to be wasted. You can enjoy too, fresh salads, fruits and vegetables with all their original crispness, food values and vitamins intact.

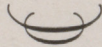
HOW IT MAKES MEALS MORE TEMPTING

To you, as an owner of a Westinghouse Refrigerator, everyday meals will take on a new delight. Foods will be more enticing in appearance and in flavor. Salads will come to your table with the freshness of the garden. Abundant ice cubes will add new enjoyment to beverages. Frozen desserts and other dainties in almost infinite variety will take form beneath your hands more easily than you ever dreamed possible.



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Cleaning AND MAINTENANCE OF CABINET

Before chilling a new refrigerator for the first time the interior should be spotlessly clean. Remove the shelves and the freezing trays and wash them in warm soapy water. The Super-froster should also be washed in soap and water. Rinse carefully and dry.

For cleaning the interior of the cabinet, we recommend the use of "Charm" cleaner or two tablespoons of baking soda in a quart of warm water. This cleaner is odorless and should there be any disagreeable odor in the food compartment, a thorough cleansing with "Charm" will remove it. This cleaner, however, should not be used on the Super-froster.

It is very important that no cleaner containing ammonia, (Laverine, etc.) come in contact with the Deluxe finish. This is especially important with Ivory finished cabinets as ammonia will bleach the finish.

For cleaning and polishing the exterior of the cabinet we recommend C.I.L. No. 7 Pre-wax cleaner. After polishing, the lustre may be heightened and protected by the application of C.I.L. No. 7 wax.

Food Arrangement

A word of caution should be given against over-crowding the shelves of any refrigerator. There must be sufficient open spaces on each shelf so that air may circulate freely. Where air circulation is stopped, the temperature in the food compartment may rise above the safety point, and ice cubes will be slow in freezing. Foods should never be placed in the refrigerator in their original bulky wrappings. The paper prevents the cold air in the refrigerator from chilling the food quickly.

When foods are to be stored for more than a few hours, it is best to cover them, as the cold air in the food compartment is extremely dry, and in constantly circulating it tends to absorb the moisture from anything left uncovered.

Since the area of greatest "cold" is in the immediate vicinity of the froster it is only natural to reserve this space for those foods which spoil most easily. For example—a week's supply of cream deserves a place close to the side of the froster. Steaks, chops, etc. should be unwrapped and stored in the Meat Keeper. If stored in the chiller tray directly below the froster, they should be wrapped in wax paper.

Foods with a strong odor, such as fish, should be wrapped in waxed paper and placed in the Meat Keeper or in the chiller tray.

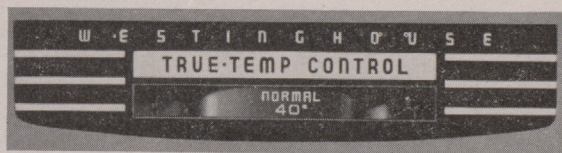
Lettuce, celery, and other vegetables taste best when crisp, and should be trimmed, washed, and if wilted, soaked in cold water, then placed in the Humidrawer or crisper.

Salad vegetables and fresh fruits not requiring such intense cold are stored in the Humidrawer or bottom of the food compartment.

Mayonnaise and salad oils are best when not too cold and should be placed close to the wall on the shelf at the side of the Super-Froster.

Butter, pudding, dough and left overs, etc., should occupy the central shelves. Place eggs near the bottom of the refrigerator away from the Super-Froster, as they freeze easily.

Never place bananas in your refrigerator. Condiments, such as catsup and chili sauce, should not take up valuable space in your refrigerator at the expense of perishable foods. Preserves and jellies are always more appetizing if chilled and as a rule it is desirable to keep a small variety readily at hand in the refrigerator.



The temperature regulator for Westinghouse refrigerators provides for changing the refrigerator temperatures to suit various needs. Food compartment temperatures should range from 37° F. to 46° F. for most satisfactory food preservation under usual kitchen conditions.

NOTE

IF WHILE THE UNIT IS RUNNING THE SERVICE CORD IS PULLED OUT OR THE CONTROL WHEEL TURNED TO A WARMER OR "OFF" POSITION, IT USUALLY REQUIRES FIVE MINUTES FOR THE AUTOMATIC CONTROL TO RESUME NORMAL OPERATION.

Temperature Selector

SETTING TEMPERATURE SELECTOR

The lower the temperature selector setting the colder will be the food compartment. Set the desired temperature by means of the True-Temp Control. The temperature selector will be felt to snap into position when it is properly centred on each setting.

SETTING		PROVIDES TEMPERATURE REGULATION BELOW
True temp. Control	Temp- erature	
FAST FREEZING		
Coldest	Below Freezing	This setting is used for extra fast freezing of ice cubes, for satisfactory freezing of desserts and for fast initial chilling of the cabinet. It gives full refrigerating power and continuous freezing operation. It should be kept in mind, however, that neglect to turn to higher numbers when freezing is completed will result in entire contents of refrigerator gradually freezing solid.
Freezing	32°	Setting the control at one or other of these positions is satisfactory for storage of frozen desserts. Sweet desserts require lower temperature to keep them frozen than does plain ice. Creamless and very sweet ones need lower settings than ice cream, mousse, and parfaits.
Extra Cold	34°	
Heavy Duty	37°	
NORMAL OPERATION		
Normal	40°	Ordinarily, this position automatically maintains satisfactory temperatures and produces ice cubes rapidly. If large quantities of food are being stored so that shelves are crowded or when ice is urgently needed, set the regulator to a lower number.
SPECIAL NOTE		
Should room temperature go below 60°, the True-Temp Control may cause the evaporator to defrost slightly. This is because in the cooler room temperature less operation is required or the mechanism to keep the food compartment at 40°. This saving of current means extra economy found only in a Westinghouse.		
By changing the control to a colder setting the super-froster will again, of course, become frosted, and will hold the temperature of the food compartment at the lower setting.		
Economy	43°	This setting is recommended when little food is to be stored and when ice requirements are low. Frost may not cover the whole super-froster at this setting and some moisture may collect in the chill tray so that food should not be stored in the chill tray when the setting is at "Economy." This precaution is unnecessary if your refrigerator is equipped with a meat keeper.
Vacation	46°	This provides satisfactory operation during week-end vacations when the door is not opened, or in winter if the refrigerator is in a cold pantry. Frost may cover only the lower part of the super-froster and moisture may collect in the chill tray.
Defrost	50° Defrost	DEFROSTING—read special instructions on next page

Defrosting

Frost on the super-froster is an accumulation of moisture from the air in the food compartment. Most of it comes from room air when the door is open, although some comes from food. In summer when the humidity is high it collects more rapidly than in winter. Opening the door frequently and leaving it open, and placing quantities of uncovered food in the refrigerator causes rapid accumulation of frost which reduces the efficiency of the super-froster.

Due to the fact that frost acts as a very efficient thermal insulator it is important to guard against an excessive accumulation of frost on the super-froster.

When frost has accumulated to the thickness of this Recipe Book the super-froster should be defrosted, otherwise your refrigerator will automatically come into operation more frequently, thus defeating the superior economy of the Westinghouse unit.

Overnight Defrosting . . . Set the control at the "Defrost" position in the evening, and the frost will melt over night. The ice cube trays should be removed and the glass defrosting tray placed beneath the froster to catch the drip. If your refrigerator is equipped with a meat keeper, remove the contents and replace the empty lower section to collect drip.

Quick Defrosting Should it be desired to defrost quickly, or if a thick layer of frost has been allowed to form, turn the control to the "Off" position, empty the ice cube trays and partly fill them with warm water and replace them in the froster. This method of defrosting will usually require less than an hour.

After Defrosting By either method—wipe the food compartment and froster with a damp cloth and set the temperature selector again at the normal operating position.

Dessert Making

For Frozen Desserts, always use the bottom tray of your froster. Chill all ingredients before combining. Chop fruit fine and drain.

Set temperature selector at "Coldest" for 1 hour, then reset to "Normal" or Heavy Duty and place tray of dessert on middle shelf. Mousses and parfaits are rich in cream into which air has been beaten, hence do not have to be stirred. Just place in Refrigerator and freeze as above. Ice cream, sherbets and water ice should be removed from the automatic froster and beaten once during the freezing process. First freezing requires 1 hour; complete freezing 2-3 hours. Cream should be whipped only until the consistency of custard, never until it is very thick. A small amount of gelatine added to water ice or desserts containing only a little cream, will increase their smoothness. It will also keep frozen desserts from melting rapidly after serving.

Desserts, frozen in your Westinghouse refrigerator, may be served in many appetizing ways. Sherbet glasses or attractive dessert plates may be your choice. If the latter are used, and square cubes of ice cream are desired, turn the dessert from the freezing tray. To facilitate this, line the tray with heavy waxed paper, or the tray may be lightly buttered and then sprinkled with rolled macaroon or cracker crumbs, ground nuts, or peanut brittle. If desserts freeze too hard, they may be mellowed without melting by removing them from the Froster and placing them on one of the shelves of the food compartment for half an hour or more.

Silver molds or paper cups, plain or decorated, may be filled with a parfait, a mousse, or ice cream. Other ice creams, after they have been partially frozen and **beaten**, may have the freezing completed in individual cups. Each portion of ice cream may be decorated with plain or tinted whipped cream pressed through a pastry tube. Fresh or candied flowers and candied mint leaves also make attractive decorations. A distinctive and very charming decoration may be made from gum drop sticks. With a wet scissors, cut thin slices around the pastel-colored gum drops for flower petals, narrow strips down the length of green candy for the stem, and diagonal slices for the leaves.

1. Follow reliable recipe carefully.
2. Correct quantity of sugar must be used, or freezing will be delayed.
3. Drain any fruit in recipe thoroughly and chop finely to avoid the formation of crystals.
4. Have all ingredients approximately the same temperature before combining.
5. Only partially whip the cream for smooth texture, in finished product.
6. Freeze quickly for best results.
7. If there is any tendency for separation during freezing or crystal formation, beat the half frozen dessert and return to freezing tray.

For simple ice creams, use a custard base, or an uncooked base made of eggs, thin cream or evaporated milk and whipped cream. Fold beaten egg white (with one tablespoon of sugar added for each white) into either mixture before adding the beaten cream and freezing. This meringue should also be added to sherbets.

Ice creams, sherbets, and water ices should be frozen until solid for one inch from the edge of the tray, then beaten smooth with a wooden spoon. When frozen in this way one stirring is sufficient. Ice creams with a thick custard base and parfaits or mousses should not be stirred during freezing.

Cream for any frozen dessert or salad should be beaten until thick but not stiff. Overbeating reduces the volume and may make the cream buttery before it is blended with the other ingredients.

Coffee cream or top milk which is at least a day old may be chilled until almost frozen and then whipped.

Evaporated milk which has been whipped may be substituted for whipped cream in most recipes. To prepare it, scald in the top of a double boiler for about ten minutes or immerse the unopened can in boiling water and boil five minutes. One-half teaspoon of gelatine which has been soaked in two teaspoons of water may be melted in each cup of hot milk. Before whipping evaporated milk, it must be chilled until very cold. It is best to chill both bowl and beater, or set the bowl in which the milk is to be beaten in a larger one full of ice and water.

Gelatine in the proportion of one-half to one teaspoon to each cup of liquid, may be added to all classes of desserts. It is not a necessary ingredient but it will prevent rapid melting of desserts after they are served.

Sugar should always be used in controlled amounts. Too much will retard or even prevent freezing. Too little will make the dessert icy, with a flaky texture. When canned fruit is substituted for fresh, reduce the amount of sugar as the preserved fruit is sweetened at the cannery.

Frozen Desserts

ECONOMY ICE CREAM

$\frac{1}{4}$ cup sugar	2 eggs	1 cup light cream
$\frac{1}{4}$ cup white corn syrup	1 cup top milk	1 teaspoon vanilla

Beat egg yolks until light and lemon colored before gradually adding the sugar and corn syrup. Add milk and cream and blend thoroughly. Beat egg whites until light, add two tablespoons of sugar and continue beating until stiff. Fold this into above mixture with the flavoring and freeze with Temperature Regulator set at "Coldest" until practically frozen. Remove from pan and beat with rotary egg beater or Westinghouse Food Crafter until a smooth mixture is obtained. Do not permit to melt. Return to freezer and when frozen, reset the Temperature Regulator to Extra Cold. Serves 6.

WHITE OR ANGEL PARFAIT

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup water	2 cups whipping cream
2 egg whites	1 teaspoon vanilla	Few grains salt

Cook sugar and water, stirring until sugar is dissolved, then without stirring until it spins a thread. Beat egg whites until stiff and add syrup slowly, while continuing to beat, and chill thoroughly. Add flavoring and cream, which has been beaten until thick, but not stiff. Freeze in dessert tray or paper cups (on bottom shelf of evaporator) without stirring, with the Temperature Selector set at Coldest for 1 hour. Reset to Extra Cold or Heavy Duty and change tray to middle shelf. Entire time 2-3 hours.

VARIATIONS OF ANGEL PARFAIT:

Pastel Parfait.—Tint thirds of the above pink, green, and yellow, partially freezing the first layer before adding the second.

Cut, colored marshmallows may also be frozen in the white parfait.

Maple Nut.—Substitute for the sugar and water, maple syrup which has been boiled until it will spin a thread. Add $\frac{1}{3}$ cup finely ground nut meats.

APRICOT PARFAIT

1 can apricots	$\frac{1}{4}$ cup sugar	2 eggs	$\frac{3}{4}$ cup whipping cream
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Drain juice from apricots. Add sugar to juice and boil for 10 minutes. Press drained apricots through a coarse strainer, and chill. Pour the syrup on the stiffly beaten egg whites, and chill. Fold apricots into whipped cream when adding syrup and egg mixture. Pour into Westinghouse freezing tray.

BUTTERSCOTCH PARFAIT

$\frac{1}{2}$ cup brown sugar	1 tablespoon butter	5 tablespoons water
$\frac{1}{4}$ cup milk	2 egg yolks	pinch of salt
$1\frac{1}{2}$ cups whipping cream	$\frac{1}{2}$ teaspoon vanilla	

Cook sugar, butter, and water over a direct flame to boiling point. Beat egg yolks, pour hot syrup over them, beat, adding milk and salt. Cook over water for five minutes, stirring constantly. Chill, add vanilla, some of the whipped cream, stirring until smooth. Finally fold in the remainder of the whipped cream.

Freeze without stirring with the Temperature Selector set at Coldest for 1 hour on bottom shelf. Place tray on middle shelf, and reset to Extra Cold or Heavy Duty.

MOUSSES

Basic Recipe

2 egg whites 2 tablespoons sugar $\frac{1}{2}$ cup white corn syrup
2 cups whipping cream dash salt

Beat the egg whites until stiff, beat in the sugar, then add the flavoring sweetened with corn syrup. Beat the cream until thick but not stiff. Fold the two together.

Freeze mousses without stirring, with Temperature Selector set at Coldest, in either the dessert tray, or in paper or silver cups. Reset to Extra Cold to store. Serves 8 to 10.

Sugar or sugar syrup may replace the corn syrup but the latter gives a better textured product, particularly with fruit mousses. About 10 marshmallows, cut in eights, may be added to any of the following variations.

VARIATIONS OF MOUSSES:

Harvest Mousse—2 cups drained, canned apricots, 2 bananas forced through a sieve and added to above.

Peanut Brittle Mousse— $1\frac{1}{4}$ cups peanut brittle, ground fine, 1 teaspoon vanilla. Eliminate the syrup. Some peanut brittle may be used to line the pan or all may be mixed with the mousse.

Peach—2 cups peaches, chopped and drained, $\frac{2}{3}$ cup sugar, $\frac{1}{4}$ teaspoon almond extract. Add to basic recipe.

Raspberry—2 cups crushed raspberries, drained and forced through a sieve to remove seeds, 2 tablespoons orange juice, $\frac{1}{2}$ cup sugar.

Strawberry—2 cups crushed strawberries, drained, $\frac{2}{3}$ cup sugar, 1 to 2 tablespoons lemon juice.

FRUIT DELIGHT

$\frac{1}{2}$ cup pineapple, drained $\frac{1}{4}$ cup powdered sugar $\frac{1}{4}$ cup white corn syrup
 $\frac{1}{4}$ cup almonds $\frac{1}{4}$ cup pecans 1 teaspoon vanilla
 $\frac{1}{4}$ cup pistachio nuts (use optional) $\frac{1}{4}$ cup candied or maraschino cherries
1 cup whipping cream 2 egg whites 1 teaspoon almond extract

Shred pineapple. Cut cherries into small pieces. Chop pistachio nuts, almonds, and pecans. Then mix these with the corn syrup.

Beat egg whites until they are very stiff and gradually fold in the powdered sugar. Have the cream very cold and whip it lightly in a chilled bowl. When it is barely stiff, fold in the egg whites, fruit-nut mixture, vanilla, and the almond flavorings.

Fill individual silver molds or paper mousse cups or spread evenly in refrigerator freezing tray.

Set the Temperature Selector at Coldest and freeze on bottom shelf without stirring for about 1 hour. Place tray on middle shelf. Then reset to Extra Cold.

BANANA MAPLE MOUSSE

3 bananas $\frac{1}{2}$ pint whipping cream $\frac{1}{2}$ cup maple syrup

Force bananas through a sieve, and slowly mix the maple syrup into the banana pulp. Whip the cream to a "half-whipped" stage and fold into it the banana, maple mixture. Pour into the lower Westinghouse freezing tray to freeze for 1 hour. Then place on middle shelf for 1-2 hours. Reset to Extra Cold.

CUSTARD ICE CREAM

Basic Recipe

$\frac{3}{8}$ cup sugar
1 tsp. vanilla

2 cups milk
1 cup cream, whipping

3 eggs
dash salt

In the top of a double boiler, scald 2 cups of milk. Add the required quantity of sugar with the exception of 2 tbsp. Add salt. Beat 3 egg yolks and 1 white and gradually combine with the other ingredients. Return mixture to the double boiler and cook 5 minutes or until custard coats a silver spoon. Chill over ice cubes and water. Whip 2 egg whites until stiff and beat in 2 tbsp. sugar. Add the vanilla and finally the cream which has been whipped until thick but not stiff. Set temperature Selector at Coldest for 1 hour and freeze without stirring. Reset to Extra Cold or Heavy Duty. Serves 6 to 8.

VARIATIONS OF COOKED ICE CREAM:

Banana—Crush three bananas through a potato ricer, adding two tablespoons of lemon. Add to the custard before adding the egg white.

Caramel—Heat the sugar of above recipe in heavy fry pan, stirring until melted and light brown in color. Add $\frac{1}{4}$ cup hot water and stir until smooth. Cook the cornstarch with the milk and salt and add the caramel plus one tablespoon of sugar. Proceed as above.

Coffee—Scald $\frac{1}{3}$ cup finely ground coffee in the milk, then strain through 3 thicknesses of cheese cloth. Proceed as above, adding $\frac{1}{2}$ teaspoon almond extract.

Lemon—Add 2 to 3 tablespoons of lemon juice and $\frac{1}{8}$ teaspoon grated rind to the hot custard. Reduce vanilla to $\frac{1}{4}$ teaspoon.

Mint—Substitute $\frac{1}{4}$ teaspoon mint extract for vanilla. Tint custard a light green.

Orange—Add $\frac{1}{4}$ cup orange juice, 1 tablespoon lemon juice, grated rind of $\frac{1}{2}$ orange, and 2 to 3 tablespoons sugar to the hot custard. Omit vanilla.

Peach—Crush peaches to make one cup, add $\frac{1}{3}$ cup sugar and $\frac{1}{4}$ teaspoon almond extract. Omit vanilla. Omit sugar if canned fruit is used.

Peanut Brittle—Reduce sugar to $\frac{1}{3}$ cup, add $\frac{3}{4}$ cup peanut brittle which has been rolled fine.

Peppermint Stick—Reduce sugar to 2 tablespoons, add $\frac{1}{3}$ lb. crushed peppermint sticks, melting in the hot custard.

Pineapple—Reserve $\frac{1}{4}$ cup of sugar from basic recipe and add to 1 cup fresh pineapple which has been put through the coarse grinder of a food chopper. Add $1\frac{1}{2}$ teaspoons lemon juice. Omit sugar if canned fruit is used.

Strawberry—Add to 1 cup crushed strawberries, $\frac{1}{4}$ cup orange juice and $\frac{1}{3}$ cup sugar, stirring until dissolved. The addition of a little pink coloring improves the appearance of the dessert. Omit vanilla. Omit sugar if canned fruit is used.

WESTINGHOUSE VANILLA ICE CREAM

$\frac{1}{2}$ pint whipping cream

few grains salt
4 teaspoons fine sugar

$\frac{1}{2}$ tsp. vanilla

Whip the cream to a half-whipped stage. Fold in the vanilla, salt and sugar. Pour into freezing tray. Set control at Coldest position, and place tray of ice cream in lower compartment, for 1 hour. Then reset control to Extra Cold or Heavy Duty, and place tray of ice cream in centre or upper compartment. In another hour, the dessert will be ready for serving, or may be stored for days in this position.

VARIATIONS OF WESTINGHOUSE VANILLA ICE CREAM

Chocolate Ice Cream—Omit sugar of Westinghouse Vanilla Ice Cream, adding 3 tablespoons baking chocolate, and $\frac{1}{2}$ tin sweetened condensed milk.

Blend the baking chocolate and condensed milk to a smooth paste. Add the flavored whipped cream, slowly, and fold together.

Orange Ice Cream—Use Westinghouse ice cream recipe, omitting the sugar and vanilla, and adding, 1 can sweetened condensed milk, $\frac{1}{2}$ cup orange juice, 2 teaspoons lemon juice, and $\frac{1}{2}$ teaspoon orange extract.

Whip condensed milk with dover egg beater, add orange juice and lemon juice slowly and continue beating. Fold the salted whipped cream into this mixture.

Lemon Ice Cream—Use Westinghouse ice cream recipe, omitting sugar, and vanilla, and adding 1 can sweetened condensed milk, and juice of 2 lemons.

Whip the condensed milk, and continue beating while slowly adding the lemon juice. Fold the salted whipped cream into lemon mixture.

Banana—Add 2 crushed bananas and 1 tablespoon lemon.

Pineapple Ice Cream—Drain 1 large tin crushed pineapple thoroughly and fold into the sweetened and flavored whipped cream.

Peach Ice Cream—Substitute almond flavoring for vanilla and fold into the whipped cream, 1 large tin choice peaches, drained and chopped fine or force through a sieve.

Strawberry Ice Cream—Substitute 1 teaspoon lemon juice for the vanilla. Crush 1 pint fresh strawberries and fold into whipped cream mixture.

Butterscotch Ice Cream—Use the recipe for Westinghouse ice cream, adding 1 cup of your favorite Butterscotch pie filling.

FRUIT ICES AND SHERBETS

1 cup sugar	$\frac{1}{2}$ cup white corn syrup	2 egg whites
1 cup warm water	Fruit (see below)	2 tbsps. sugar (use for sherbets)

To make the smoothest ices and sherbets, use sugar syrup plus one-third white corn syrup with the fruit juices as suggested below, though sugar syrup made of one and one-half cups of sugar and one cup of warm water may be used. TO MAKE SUGAR SYRUP, dissolve the sugar in warm water and boil for five minutes. Add corn syrup and chill before adding the fresh fruits. (This syrup may be made up in quantity and stored in the refrigerator for sweetening frozen desserts, lemonade, etc.). If GELATIN is to be used, soak 2 teaspoons in 2 tablespoons cold water, melt over hot water and dilute with a little of the fruit juice before combining with the cold mixture. FOR ICES, use the syrup and fruit alone. FOR SHERBETS, use the syrup, add the fruit and finally fold in the egg whites which have been beaten until light but not dry before adding the extra two tablespoons of sugar. FREEZE with the Temperature Regulator turned to "Coldest" until half frozen, then beat with a wooden spoon, or place in a well chilled bowl and beat with rotary beaters. Melt as little as possible. Return to the froster and freeze until hard and then reset the Temperature Regulator to Extra Cold. Sherbet recipes serve 8, ices serve 6.

VARIATIONS OF ICES AND SHERBETS:

Apricot—2 cups dried apricots, $\frac{1}{2}$ cup orange juice. Wash apricots, soak over night and simmer in the same water until tender. Strain, add enough water to the apricot juice to make 2 cups and boil with 1 cup sugar. Press apricots through a potato ricer, mix with syrup, chill, then freeze as above.

Cider—To one half the above recipe add 2 cups cider and $\frac{1}{2}$ cup orange juice. Freeze as above.

Cranberry—1 quart cranberries, 1 cup water, $\frac{1}{4}$ cup orange juice. Simmer the cranberries in the water. Press through potato ricer, add syrup and orange juice, then chill. Freeze as above.

Grapefruit—2 cups grapefruit juice. This may be tinted a pale green and flavored with $\frac{1}{4}$ teaspoon mint extract.

Grape Juice— $\frac{1}{2}$ above syrup recipe, 2 cups grape juice, $\frac{1}{2}$ cup orange juice 2 tablespoons lemon juice, $\frac{1}{2}$ cup water.

Lemon—1 cup water, $\frac{3}{4}$ to 1 cup lemon juice. Add to syrup.

Mint—Green coloring and $\frac{1}{4}$ teaspoon of mint extract added to either grapefruit or lemon recipes above.

Orange—2 cups orange juice, 1 pared orange rind, $\frac{1}{4}$ cup lemon juice. Add rind to hot syrup while chilling it.

Strawberry—2 cups crushed strawberry, which has been put through a ricer, $\frac{1}{4}$ cup orange juice. Add cool syrup to fruit and chill.

CHOCOLATE MARSHMALLOW CREAM

15 marshmallows

1 cup milk

$\frac{1}{4}$ cup cocoa

1 teaspoon vanilla

$\frac{1}{2}$ pint whipping cream

$\frac{1}{4}$ teaspoon salt

Place cocoa in a saucepan and add milk gradually to form a smooth paste. Then add marshmallows and steam over hot water until they are thoroughly melted. Add vanilla and salt and cool. When quite cold and slightly stiffened, carefully combine with the partially whipped cream. Pour into the Westinghouse freezing tray, and freeze 1 hour at Coldest and reset to No. 3 or 4, Extra Cold or Heavy Duty for 1-2 hours, and change tray to middle shelf.

ICE CREAM SURPRISE

1 cup milk

1 teaspoon cornstarch

2 eggs

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ teaspoon salt

1 teaspoon vanilla

1 cup whipping cream

10 graham crackers, rolled

$\frac{1}{2}$ teaspoon mapleine

Moisten cornstarch with a little water, add milk gradually and cook in a double boiler until slightly thick. Add 2 eggs beaten with sugar and cook 2 minutes. Add vanilla and cool, whip the cream, fold in the graham cracker crumbs, and cool custard. Add mapleine and freeze in the lower Westinghouse freezing tray for 1 hour at Coldest position. Reset to No. 3 or 4, Extra Cold or Heavy Duty, and change tray to middle shelf for 1 to 2 hours.

FRUIT SALAD MOUSSE

$\frac{1}{2}$ pint whipping cream

4 teaspoons fruit sugar

1 teaspoon vanilla

1 tin fruits for salad

Drain the fruit well and cut into small pieces. Half whip the cream and fold into it, the sugar, vanilla and chopped fruit. Pour this mixture into the lower Westinghouse freezing tray for 1 hour with control at Coldest. Reset to Extra Cold or Heavy Duty, and place tray on middle shelf for 1-2 hours.

FROZEN FRUITS

Fresh fruits such as strawberries and raspberries, and canned fruits such as peaches, raspberries, pineapple, or apricots make delicious frozen fruits.

Crush large fruits and sweeten to taste. When using fresh fruits take about half as much sugar as fruit and allow to stand until sugar has completely dissolved.

Canned raspberries are particularly delicious, and may be emptied right from the can into a freezing tray

Freeze with Temperature Selector set at Coldest until solid about one inch from the edge of the pan, then beat. Serve at once or continue freezing as desired. Serve with whipped cream.

Refrigerator Cakes and Puddings

CHILD'S CHARLOTTE

<i>1 cup hot milk</i>	<i>¾ cup sugar</i>	<i>½ cup cold water</i>
<i>2 tablespoons pulverized gelatine</i>	<i>3 egg yolks</i>	<i>3 egg whites</i>
<i>2 cups cold milk</i>	<i>2 teaspoons vanilla</i>	<i>dash of salt</i>

Soak the gelatine in the water. Make a custard of hot milk, sugar, and egg yolks, cooking until eggs coat spoon. Add gelatine, stirring until dissolved. Cool with cold milk. Add salt and vanilla and finally the beaten egg whites. Mix with a rotary egg beater and pour into a fancy mold to jelly.

ALMOND REFRIGERATOR CAKE

<i>¾ cup butter</i>	<i>2 cups powdered sugar</i>	<i>4 eggs</i>
<i>½ teaspoon almond extract</i>	<i>18 macaroons</i>	<i>½ cup shredded almonds</i>
	<i>1 teaspoon orange extract</i>	

Cream butter and sugar. Separate the eggs, add yolks and beat. Add flavorings and almonds. Fold in the stiffly beaten egg whites. Line a mold with lady fingers, add layer of filling, a layer of macaroon crumbs, until three layers of filling are used. Cover with macaroons and chill at least 24 hours.

APRICOT CHARLOTTE

<i>1 teaspoon gelatine</i>	<i>2 tablespoons cold water</i>	<i>1 banana</i>
<i>1 pint canned apricots</i>	<i>powdered sugar to taste</i>	<i>1 cup whipping cream</i>
	<i>2 dozen lady fingers</i>	

Soak gelatine in cold water 5 minutes and dissolve over boiling water. Press the banana and apricots through a potato ricer. Add apricot juice, powdered sugar to taste. Fold in beaten cream. Line charlotte cups with lady fingers and mixture. Freeze without stirring with Temperature Selector set at Coldest for about three hours. If stored longer reset to No. 3 or 4, Extra Cold or Heavy Duty. Garnish with whole apricots and whipped cream.

The large tray may be used, instead of charlotte cups. Line with wax paper, then with lady fingers. Pour in some of the mixture, then a layer of lady fingers. Alternate until the tray is filled. When frozen, turn out on large plate, garnish with apricots and whipped cream.

ORANGE REFRIGERATOR CAKE

<i>1 cup milk</i>	<i>2 tablespoons butter</i>	<i>2 tablespoons cornstarch</i>
<i>grated rind ¼ orange</i>	<i>½ cup sugar</i>	<i>3 eggs</i>
<i>juice ½ orange</i>	<i>2 dozen lady fingers</i>	

Place cornstarch, sugar, egg yolks slightly beaten, milk and butter in a double boiler. Cook slowly until thick and smooth, stirring constantly. Add orange juice and rind, and cool slightly, then fold in stiffly-beaten egg whites.

Arrange in pan with lady fingers.

REFRIGERATOR PLUM PUDDING

$\frac{1}{8}$ teaspoon cloves	$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{4}$ teaspoon mace
$\frac{1}{4}$ teaspoon nutmeg	2 cups water	$\frac{3}{4}$ cup raisins
$\frac{1}{4}$ cup maraschino cherries	$\frac{3}{4}$ cup currants	$\frac{1}{2}$ cup chopped pecans
1 package lemon jelly powder		

To one cup of water add the spices and boil together for five minutes. Add the fruits and simmer for five minutes more and allow to cool. Dissolve the jelly powder in the other cup of hot water. Pour into a melon mold and chill in the Westinghouse electric refrigerator. Serve with a Foamy Sauce (see page 17).

MACARON FRUIT CREAM

1 pound package Butter Macaroons	1 pint whipping cream	$\frac{1}{2}$ cup powdered sugar
1 package cherry or raspberry jelly powder	2 cups water	1 dozen marshmallows
1 small bottle maraschino cherries		

Dissolve jelly powder in hot water and set aside until slightly thickened. Whip cream, add sugar, then add to Jelly Powder. Cut the marshmallows and cherries into small pieces and fold into mixture. Line bottom and sides of refrigerator tray with wax paper, cover with Butter Macaroons, then add half of the filling. Put another layer of Butter Macaroons on top, then add remainder of filling. On top of this add another layer of crackers arranged in basket weave fashion.

Chill in Westinghouse refrigerator three to four hours longer. Unmold and cut in squares. Serves 10 to 12.

DATE REFRIGERATOR PUDDING

$\frac{1}{2}$ lb. dates, quartered	$\frac{1}{4}$ lb. marshmallows quartered	$\frac{1}{4}$ lb. graham crackers, rolled
$\frac{1}{4}$ lb. walnut meats, cut in pieces	$\frac{1}{2}$ pint coffee cream, whipped slightly	

Mix all together lightly, and pack in a square pan or in one of the Westinghouse refrigerator trays which has been lined with waxed paper. Allow to stand in the food compartment for 24 hours at least, though a longer time is even better.

Turn out of the pan, cut in slices, and serve with whipped cream which has been slightly sweetened and flavored with vanilla. Serves 6 to 8.

FOAMY GRAPE PUDDING

3 eggs	$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup cold water
1 cup white grape juice	juice of 1 orange	1 tablespoon gelatine

Beat egg yolks until light and fluffy and add sugar. Soak gelatine in cold water and melt over hot water. Add to egg yolks and sugar mixture the white grape and orange juice. Add stiffly beaten egg whites and beat well into the mixture. Place in the Westinghouse refrigerator and when partially jellied, remove and beat again. Pour into parfait glasses and chill in the lower part of the refrigerator.

Garnish with a sprig of mint. Serves 6.

LEMON COCONUT MOLD

1 package lemon jelly powder	2 cups hot water	1 cup cream, whipped
1 $\frac{1}{2}$ cups slightly sweetened grated coconut		

Dissolve lemon jelly powder in hot water. Cool, place in the Westinghouse refrigerator. When slightly thickened, whip with rotary egg beater until the consistency of whipped cream. Fold in whipped cream and coconut. Pour into a mold and chill until firm. Unmold, garnish with slices of lemon and green maraschino cherries. Serve with cranberry sauce. Serves 8.

Ice Cream and Pudding Sauces

NEAPOLITAN HARD SAUCE

3 cups fruit sugar 1 cup butter 3 tablespoons cream
 $\frac{1}{2}$ teaspoon rose flavoring $\frac{2}{3}$ teaspoon vanilla $\frac{2}{3}$ teaspoon strawberry flavoring
red and green vegetable coloring

Cream the butter, add sugar and cream. Divide into thirds. To one-third add rose flavoring and a touch of green coloring. To another add vanilla and to the third, strawberry flavoring and a speck of red coloring. Cut off the top of a pound butter carton, line with wax paper and pack in the sauce in layers, the green first, then the pink, and finally the white. Store in your Westinghouse, then serve cut in slices.

CHOCOLATE THRIFT SAUCE

$\frac{1}{2}$ cup cocoa 1 cup condensed milk (sweetened) 2 tablespoons butter
1 cup water 1 $\frac{1}{2}$ teaspoons vanilla

Blend cocoa and condensed milk, mixing until smooth. Add water and butter, then boil until thick (about five minutes), stirring constantly. Cool, add vanilla. If a thinner sauce is desired more water may be added. The above may be folded into two cups of whipped cream and frozen without stirring.

FOAMY SAUCE

2 egg yolks 2 egg whites 1 cup fruit sugar
few grains salt 1 teaspoon lemon juice $\frac{1}{4}$ grated lemon rind
3 tablespoons butter $\frac{1}{2}$ cup whipped cream (use optional)

Cream butter and sugar, add the egg yolks. Place over hot water and beat for five minutes. Fold into the hot mixture, the stiffly beaten egg whites, lemon juice and rind, salt, vanilla, and cream. Serve cold.

CHOCOLATE FUDGE SAUCE

1 cup sugar $\frac{1}{2}$ cup boiling water $\frac{1}{2}$ teaspoon vanilla
1 $\frac{1}{2}$ squares of chocolate 1 tablespoon butter 2 tablespoons corn syrup

Melt chocolate over hot water, add butter, corn syrup, boiling water, sugar, stirring constantly. Finish cooking over direct heat, boiling for 3 minutes. Cool, add vanilla. Serve hot or cold. If this recipe stands over 24 hours and is thicker than desired, melt over hot water.

CARAMEL SAUCE

$\frac{3}{4}$ cup corn syrup $1\frac{1}{4}$ cups brown sugar $\frac{3}{4}$ cup evaporated milk
4 tablespoons butter

Cook all together in a double boiler for $\frac{3}{4}$ hour. Cool and then beat for five minutes. Recipe makes two cups of sauce. To make caramel almond balls—put about three tablespoons of caramel sauce in the bottom of a dessert dish, make a ball of ice cream with an ice cream scoop or tablespoon—roll quickly in small bowl of shredded almonds and place on top of sauce.

APRICOT CREAM SAUCE

2 egg yolks, slightly beaten $\frac{1}{4}$ cup granulated sugar $\frac{1}{4}$ cup apricot juice
rind of $\frac{1}{2}$ lemon 1 cup cream whipped very stiff

Mix sugar, juice, rind, and beaten yolks, then cook until thick. Chill thoroughly and combine with whipped cream. This mixture is stiff enough so that it does not run. Serve this sauce very cold on slice of angel or sponge cake.

SWISS CHOCOLATE SAUCE

$1\frac{1}{2}$ squares chocolate 1 cup sugar $\frac{1}{2}$ teaspoon vanilla
few grains salt $1\frac{1}{2}$ cups evaporated milk or coffee cream

Add chocolate, sugar, and salt to top of double boiler. Mix well as chocolate melts. Add evaporated milk or cream gradually and cook for about five minutes. Chill before adding flavoring. Store in refrigerator and heat to serve as a chocolate sauce. It may also be mixed with whipped cream and frozen, or may be mixed with milk and ginger ale and used as a beverage.

MELBA SAUCE

To 1 cup of raspberry or currant jelly, add $1\frac{1}{2}$ cup of sweet cooking sherry. Beat thoroughly with a fork till smooth and creamy. Add half peach to a scoop of ice cream and cover with the Melba sauce.

MINT SYRUP

1 cup water $\frac{1}{2}$ cup corn syrup green coloring
 $\frac{1}{2}$ teaspoon mint flavoring 1 cup sugar

Combine 1 cup water, 1 cup sugar, $\frac{1}{2}$ cup corn syrup, and cook over moderate heat until the drops of syrup flow together in a stream from the spoon. Remove from stove, add green coloring and when cool add $\frac{1}{2}$ teaspoon mint flavoring.

Beverages

CIDER BLEND

1 quart cider

2 lemons

2 oranges

1 bottle ginger ale

1 cup water

Add the fruit juices and water to the cider and place in the refrigerator to mellow for several hours. Before serving, add a bottle of ginger ale. This is a surprisingly refreshing beverage and has a much more interesting flavor than plain cider.

EGG-NOG

1 egg

1 cup milk

pinch of salt

2 tablespoons fruit juice or cooking sherry

1 *tablespoon powdered sugar*

Add salt to the egg white and beat to a stiff froth. Mix sugar, well-beaten yolk, and fruit juice, then strain. Add to egg white, beat, add milk, thoroughly mix all with egg beater. Sprinkle top with chopped nuts, or nutmeg.

The egg yolk and white may be beaten together rather than separately. Chocolate, syrup, creme de menthe, sweet cooking sherry, or other flavorings may be substituted or added to the fruit juices.

CAFE AU LAIT FLIP

1 pint milk

2 tablespoons ground coffee

2 tablespoons sugar

4 tablespoons ice cream

1 teaspoon vanilla

Scald the milk in a double boiler, add the finely ground coffee and the sugar and allow to stand for 15 minutes. Strain and chill. When ready to serve, place in a beverage shaker with the ice cream and vanilla, then shake.

COUNTRY CLUB PUNCH

3 cups sugar

3 quarts water

1 cup strong tea

12 lemons

12 oranges

1 quart grape juice

1 small can crushed pineapple

2 quarts ginger ale

Boil the sugar and water together for eight minutes, add the tea, then chill. Add the orange, lemon, grape juice, and pineapple. Place in refrigerator to mellow for about 2 hours and before serving, add two quart bottles of ginger ale and ice cubes. For small parties, this recipe may, of course, be divided into thirds. If served in a punch bowl, add quarter slices of orange and lemon and one bottle of maraschino cherries. Serves about 50.

FROSTED MINT CHOCOLATE

2 squares chocolate

1 cup water

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ teaspoon salt

1 quart milk

1 *teaspoon vanilla*

$\frac{1}{2}$ teaspoon peppermint extract

$\frac{1}{2}$ pint ice cream

Melt the chocolate and add water, boiling until thick. Add sugar and milk and cook five minutes. Chill, add flavorings, salt, and ice cream, then beat with a rotary egg beater until well blended. Serve in tall glasses with or without the addition of another tablespoon of ice cream.

CREME DE MENTHE SYRUP

1 cup sugar	$\frac{3}{4}$ cup water	1 teaspoon peppermint
2 teaspoons mint flavoring	green vegetable coloring	$\frac{1}{16}$ teaspoon cream of tartar

Boil the sugar and water together with the cream of tartar, cool and add the flavorings and coloring. This may be stored closely covered, in the refrigerator and added to fruit punch to taste.

GINGER ALE DELIGHT

1 $\frac{1}{2}$ cups water	1 $\frac{1}{2}$ cups sugar	5 whole cloves
$\frac{1}{4}$ teaspoon allspice	$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{4}$ teaspoon grated nutmeg
2 cups orange juice	1 cup pineapple or apricot juice	juice of 1 grapefruit
	3 pints ginger ale	

Boil sugar and water together for 10 minutes. Add the spices to the hot syrup and allow to stand for an hour and a half. Strain through cheese cloth into the fruit juices, add the ginger ale and serve in glasses containing decorated ice cubes.

VERANDA PUNCH

2 cups loganberry juice	juice of 5 oranges	juice of 2 lemons
1 pint of ginger ale	1 pint water	$\frac{1}{4}$ cup sugar

Boil sugar and $\frac{1}{2}$ cup water, add loganberry, orange, and lemon juice, and the rest of the water and chill. Just before serving add the ginger ale and ice cubes.

FRUIT FREEZE

1 fresh pineapple	1 lemon	1 quart of cold water
	$\frac{1}{2}$ to 1 cup of sugar syrup	

Pare the pineapple, remove eyes and core. Cut into small pieces and put through a food chopper. Sweeten to taste with sugar syrup made of equal parts sugar and water. Chill thoroughly. Add water, lemon juice, and crushed ice.

Fill glasses to within a third of the top and add a scoop of raspberry ice. Strawberries may be used with lemon ice. Serves 6 to 8.

RECEPTION PUNCH

$\frac{1}{2}$ cup water	1 cup sugar	6 oranges
$\frac{1}{2}$ cup grapefruit juice	1 quart ginger ale	6 lemons
$\frac{1}{4}$ cup crushed pineapple		rind of one-half cucumber

Boil sugar and water together, add the fruit juices and pineapple with pared rind of one-half orange and the cucumber rind. Chill in refrigerator for several hours. Remove the cucumber and orange rind. Add ginger ale and ice cubes. Serves 10 to 12.

WITCH'S PUNCH

Two 4-inch sticks of cinnamon	$\frac{1}{2}$ teaspoon powdered mace	1 teaspoon whole cloves
1 cup water		1 quart cider

Boil the spices in water until the liquid is reduced to about $\frac{1}{8}$ cup. Strain and add this to one quart of chilled cider and serve in small glasses as a cocktail. This may be served for a first course at a dinner or it may be used as a beverage at a card party. Serves 6 to 8.

Baked Goods

REFRIGERATOR ROLLS

2 cups boiling water	$\frac{1}{2}$ cup sugar	1 tablespoon salt
8 cups of bread flour, sifted before measuring		2 beaten eggs
2 tablespoons shortening	2 cakes yeast	$\frac{1}{4}$ cup lukewarm water
(For Cheese Rolls blend in $\frac{1}{2}$ cup grated cheese)		

Mix boiling water, $\frac{1}{2}$ cup sugar, salt, and shortening together, then cool until lukewarm. Soften yeast in lukewarm water, add 1 teaspoon sugar and stir into first mixture. Add beaten eggs and stir in 4 cups of flour, then beat very thoroughly. Stir in 4 more cups of flour and mix thoroughly, but it is not necessary to knead. Cover tightly and store in refrigerator until ready to use. Shape as described below and put in a warm place until double in bulk. Bake 15 to 20 minutes in a hot oven 425° F.

Two cups of graham or whole wheat flour may be substituted for white flour.

Held at the low Westinghouse refrigerator temperatures, this dough will keep for a week or ten days.

VARIATIONS OF REFRIGERATOR ROLLS:

Caramel Rolls—Roll a rectangle of dough $\frac{1}{2}$ inch thick and 12 x 6 inches, spread with cinnamon and brown sugar, then roll. Cut in one-inch slices and arrange in a buttered pan. Let rise till double in bulk and bake at 400° to 425° for 15 to 18 minutes. While the rolls are baking make an icing of 2 cups icing sugar, 1 tablespoon melted butter, $\frac{1}{2}$ teaspoon Mapline flavoring, and just enough warm water to make the icing spread.

Clover Leaf Rolls—For each roll take three pieces of dough the size of walnuts and shape with greased fingers until smooth and round. Place in muffin tins, cover, then set in a warm place to rise until double in bulk. Bake in a hot oven (400° F.) for 15 to 20 minutes.

Crescent Rolls—Roll dough about $\frac{1}{4}$ inch thick. Cut into 5-inch squares with a sharp knife, and then into triangles. Brush with shortening and roll from the cut side toward the point. Press the point down firmly, roll into a crescent and place on a well-greased baking sheet. Allow to rise until doubled in bulk. Brush with a mixture of egg white and water and bake eight to ten minutes in 400° F. oven.

Coffee Cake—Knead dough until soft and shape between the palms of the hands until it is about 20 inches long and about $1\frac{1}{2}$ inches in diameter. Hold one end in each hand and twist in opposite directions. Place swirled piece of dough in a greased pan; bring ends together to form a circle.

Allow to double in bulk, brush with melted butter, sprinkle with a mixture of 1 tablespoon sugar and 1 tablespoon cinnamon and bake in 400° oven for 20 minutes.

While coffee cake is still warm spread on a frosting made of 1 tablespoon butter, 2 tablespoons cream, a cup of sifted powdered sugar, and a half cup of nuts.

Luncheon Rolls—Roll refrigerator dough until $\frac{1}{2}$ inch thick. Cut in rounds with a small biscuit cutter and cover the top of each with melted butter. With a table knife make a crease on the top of each round. Fold the rounds over, Parker-house style, and place in greased baking pan so that they touch each other. Allow to rise till double in bulk and bake at 400° F. for 15 to 18 minutes.

Pecan Cinnamon Rolls—Roll refrigerator dough until $\frac{1}{2}$ inch thick, 10 or 12 inches long, and about 6 inches wide. Spread with melted butter and cinnamon. Roll and cut in 1-inch slices.

Cover the bottom of a baking pan with softened butter, then add brown sugar, pecan meats and arrange the rolled slices on top of the nuts. Allow to rise and bake at 400° F. for 15 to 20 minutes.

REFRIGERATOR GINGER BREAD

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup lard
1 egg	$\frac{1}{2}$ cup molasses	2 cups cake flour
$\frac{1}{2}$ teaspoon ginger	$\frac{1}{2}$ teaspoon allspice	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ teaspoon salt	1 teaspoon soda dissolved in $\frac{1}{2}$ cup hot water	

Cream the butter and lard. Add sugar and mix thoroughly. Add well-beaten egg, stir, then add the molasses. Sift flour, spices, and salt together, and add alternately with the hot water and soda mixture. Grease cake pan, line bottom of pan with wax paper, grease paper and pour in batter. Bake in a moderate oven (350° F.) for 35 to 45 minutes. This batter may be poured into a bowl, covered, and kept in your Westinghouse refrigerator for three or four days.

WESTINGHOUSE CHEESE ROLLS

2 cups pastry flour, sifted before measuring	4 teaspoons baking powder	1 teaspoon salt
4 tablespoons shortening	$\frac{3}{4}$ cup milk	grated cheese

Sift flour, measure, sift again with baking powder and salt. Cut in shortening until the mixture has appearance of corn meal. Add enough milk to combine ingredients. Wrap the dough in wax paper and place in a bowl. This dough may be kept twelve to twenty-four hours before baking. When ready to bake, roll out about $\frac{1}{4}$ -inch thick on a floured board. Sprinkle with finely grated cheese, roll, then cut in $1\frac{1}{2}$ -inch sections. Place in greased muffin tins with cut end up. Bake for 15 minutes in a hot oven 425° F. Makes 6 to 8 rolls.

SUGAR COOKIES

$\frac{1}{2}$ cup butter	1 cup sugar	2 eggs
1 tablespoon cream	2 $\frac{1}{2}$ cups cake flour, sifted before measuring	
2 teaspoons baking powder		1 teaspoon flavoring

Cream butter, add sugar. then beat until light. Add beaten eggs, flavoring. and cream. Sift flour and baking powder together and add. Chill dough till stiff enough to shape. Mold into rolls about two inches in diameter and place in Westinghouse refrigerator. When firm, they may be cut in thin slices and baked in a 425° F. oven for 10 to 12 minutes. This dough may be kept in the refrigerator for a week if wrapped in wax paper.

CHOCOLATE NUT COOKIES

$\frac{1}{2}$ cup shortening	1 cup sugar	1 egg
2 cups pastry or cake flour, sifted before measuring		$\frac{1}{4}$ teaspoon salt
2 squares melted chocolate	2 teaspoons baking powder	$\frac{1}{4}$ cup milk
	1 cup chopped English walnuts	

Cream shortening, add sugar, then blend. Add the well-beaten egg, melted chocolate, then beat. Add alternately the remaining dry ingredients and milk.

Chill the dough in your Westinghouse refrigerator, and when firm, roll out or form in rolls two inches in diameter. Again chill until firm, then cut into thin slices. Place on greased cookie sheet, bake in moderate oven (370° F.) from 8 to 10 minutes. This makes from fifty to sixty cookies.

The dough may be wrapped in wax paper and kept for a week or more in your Westinghouse refrigerator.

Canapés and Cocktails

STUFFED CELERY CURLS

Cut celery stalk into three-inch pieces. Cut one end of each piece into fine strips and place in bowl of ice water. (This will curl the finely cut end.) Place the bowl containing celery and ice water in your Westinghouse refrigerator until ready to serve.

Grate carrots, mix with mayonnaise, season to taste. When ready to serve, stuff celery with carrot mixture. Celery curls may also be stuffed with Roquefort cheese mixed with cream cheese.

ROQUEFORT CHEESE FILLING

1 oz. *Roquefort cheese* 3 oz. *Philadelphia cheese or cottage cheese* dash salt

Press the Roquefort cheese through a fine strainer. Add creamed Philadelphia cheese and salt. This may be used to stuff celery, may be molded in diminutive nut cups and served with fruit salad, or may be used as a spread for canapés.

CAVIAR CHEESE CANAPÉ

Cut slices of white bread into rectangles 1 inch by 3 inches. Cover with mayonnaise, then spread with caviar and add a fluting of cream cheese. A variation is to cover half with caviar, the other half with cream cheese, creamed and mixed with finely chopped Bermuda onion. Place on a tray and cover with a damp cloth and keep in your Westinghouse refrigerator until ready to serve.

TOMATO AND OLIVE HORS D'OEUVRE

Peel chilled tomato, place a slice on lettuce leaf, drop a half teaspoon of mayonnaise in center, and top with ripe or green olive.

COCKTAIL SAUCE

1 cup *chili sauce* 1 ½ teaspoons *Worcestershire sauce* 2 teaspoons *Tarragon vinegar*
dash of *tabasco sauce* 2 tablespoons *horseradish*

Mix all ingredients and place in refrigerator to chill. This sauce may be used for shrimp, crabmeat, tuna fish, or oyster cocktails. Serve oysters on half shell on a bed of cracked ice. They may be also served on a plate in small lettuce leaves, or in cocktail glasses. Sauce may be served in small paper cups.

VEGETARIAN APPETIZER

1 cup *cabbage, shredded fine* 1 minced *green pepper, seeds removed*
lettuce leaves fillets of *anchovies* cocktail *sauce*

Mix cabbage and green pepper with cocktail sauce. Chill. Line small glasses with the crisp, little leaves from the heart of a head of lettuce. Fill with vegetables and garnish with fillets of anchovies.

TOMATO JUICE COCKTAIL

2 cups tomatoes	2 tablespoons sugar	1 teaspoon salt
1/8 teaspoon pepper	celery salt	onion juice
		ground cloves

Strain tomatoes, add seasonings, and allow to stand in your Westinghouse for an hour, so that the flavors may mellow. Seasonings may be changed to suit individual preferences such as adding 1/2 bay leaf, 2 tablespoons chopped parsley, 2 teaspoons chili sauce, 2 tablespoons Worcestershire sauce, 2 tablespoons lemon juice.

This may be served with ice, frapped in a cocktail shaker, or for special occasions may be frozen and served in sherbet glasses, topped with parsley or water cress. Since the fruit solids and sugar content are very low it is desirable, though not essential, that gelatine be added. For this soak two teaspoons of gelatine in tomato juice, then dissolve over hot water, adding to the above tomato mixture. Freeze for about half an hour with Temperature Selector at "coldest". Remove to a chilled bowl and beat thoroughly with a rotary egg beater. Complete freezing. To make smoother, beat twice while freezing.

SPRING COCKTAIL

1 large cucumber	6 radishes	8 small button onions
2 tablespoons chopped pimiento		cocktail sauce

Pare, chill, then dice the cucumber. Dice the radishes, cut onions in halves, and chop the pimiento fine. Mix. Have all ingredients as cold as possible.

Serve in chilled cocktail glasses with cocktail sauce.

COLD MEAT CORNUCOPIAS

Slice cold baked or boiled ham very thin. Trim neatly into oblongs about 2 1/2 by 3 inches. Then roll lengthwise into small cornucopias and fasten each firmly with a toothpick.

Whip cream till very stiff. Fold in horseradish. Fill cornucopias with mixture and garnish with sprig of parsley inserted in open end of cornucopia.

Other delicious combinations are chicken or turkey breast with chopped sweet pickle and dried beef with cream cheese. Arrange one of these cornucopias on a plate with a stuffed celery curl, and a tomato and olive hors d'oeuvre for a most appetizing first course at dinner.

MINT-GRAPEFRUIT COCKTAIL

Pare grapefruit and cut pulp in whole sections. If grapefruit is not in season canned grapefruit may be used. Add a scoop of mint ice (see page 13-14) to sherbet glasses and place several sections of grapefruit on top. A garnish of emerelettes or maraschino cherries or mint leaves may be added.

JELLIED BOUILLON

2 tablespoons gelatine	4 tablespoons cold water	1 teaspoon salt
1/2 teaspoon pepper	2 tablespoons parsley	2 small pieces bay leaf
1 teaspoon Worcestershire sauce	2 tablespoons Tarragon vinegar	
1 quart beef bouillon or 4 cubes to 4 cups hot water		

Soak gelatine in cold water five minutes. Cook remaining ingredients together 10 minutes. Strain and while hot add gelatine. Chill in large or individual molds in food compartment until firm. Serve on lettuce leaves, and garnish with stuffed olives, or cut into small squares and serve in bouillon cups. Serves 6 to 8.

Left Overs

BOSTON SANDWICH

sliced turkey
sliced baked ham

Swiss cheese
prepared mustard

½ cup butter
rye bread

Mix 1 teaspoon prepared mustard with ½ cup butter. Spread generously on white or rye bread, adding a slice of turkey, one of baked ham, and one of Swiss cheese to each sandwich. The blending of these flavors makes a sandwich which you and your guests will remember for a long time.

Serve on individual plates using sliced dill pickle, or radishes and lettuce for garnish.

Just a little left-over turkey, ham, and cheese give you possibilities for this delicious sandwich which may be served as the main course of a luncheon, or cut in strips and used to accompany a salad.

TURKEY SANDWICH DE LUXE

1 cup diced turkey

chutney or chopped sweet mixed pickle
thousand island dressing

lettuce

Mix the diced turkey and pickle and allow to stand for half an hour, so that the flavors have a chance to blend.

Make 4-inch baking powder biscuits, split in two. Butter both sides of the biscuit and add a generous tablespoonful of the turkey mixture, placing lettuce which has been dipped in thousand island dressing on the lower half. Serve on a plate with celery stuffed with Roquefort cheese mixed with cream cheese. Garnish the plate with lettuce leaves, stuffed and ripe olives, or pickles.

TUESDAY MEAT ROLL

2 cups flour
¾ cup water

4 teaspoons baking powder
4 tablespoons shortening
left-over gravy

1 teaspoon salt
1 ½ cups left-over meat

Make first five ingredients into baking powder biscuit and roll to ¼-inch thickness. Spread with ground left-over roast (beef, pork, or ham) which has been highly seasoned and moistened with left-over gravy.

Roll like a jelly roll and cut with a sharp knife, placing individual portions in a glass baking dish.

This may be made in the morning and stored in your Westinghouse refrigerator till dinner time. Remove from the refrigerator and allow to come to room temperature, while oven is heating to 450° F. Brush with melted butter and bake for 20 minutes or until brown.

Serve with a tomato sauce.

THRIFTY FISH MOUSSE

$\frac{3}{4}$ cup crab flakes (or other fish)	2 tablespoons butter	2 tablespoons flour
1 $\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup shredded raw carrot	$\frac{1}{2}$ cup celery, cut fine
1 $\frac{1}{2}$ teaspoons salt	$\frac{1}{8}$ teaspoon pepper	1 tablespoon gelatine
$\frac{1}{4}$ cup water	1 egg	$\frac{1}{4}$ teaspoon mustard
	2 tablespoons vinegar	2 tablespoons sweet pickle, cut fine

Make a white sauce of the flour, butter, and milk. When thick, add the slightly-beaten egg yolk and cook for two minutes. Soak the gelatine in water, add to the white sauce, with the flaked fish, vegetables, mustard, and vinegar, which have been mixed together. Beat egg white very stiff and finally fold this into the partially cooled fish mixture. Pour into a mold and chill. Serve with sweet pickles on lettuce.

CRAB PUFFS SUPREME

6 potatoes, baked	$\frac{1}{2}$ cup hot milk	1 egg
$\frac{1}{2}$ teaspoon onion juice	$\frac{3}{4}$ teaspoon salt	$\frac{1}{16}$ teaspoon pepper
2 tablespoons pimiento, diced	$\frac{3}{4}$ cup crab meat ($\frac{1}{2}$ can)	2 tablespoons butter

Bake large, uniform-sized potatoes until thoroughly soft. Cut a slice from the side with the point of a sharp knife. Remove the potato pulp and force through a potato ricer. Save the shells. Beat the egg slightly, add the onion juice, salt, pepper, and butter, then beat with the potato.

Flake the crab meat. Be very careful to remove all of the bones. Cut the pimiento in small pieces and add with the crab flakes to the mashed potato.

Fill the potato shells with the mixture, piling high. Place on a broiler pan and brown lightly on top.

Serve on a hot platter, garnishing the top of each potato with strips of pimiento. Garnish the platter with parsley.

This may also be served as a luncheon plate with a Jellied Tomato Salad, Frozen Vitamin Salad or Health Salad, or as a supper dish with buttered beans and beets and a salad.

BUFFET MEAT LOAF

Green Layer: 1 package lime jelly	1 cup boiling water	$\frac{3}{4}$ cup ice water
1 teaspoon salt	3 tablespoons vinegar	1 cucumber
$\frac{1}{4}$ cup green pepper		$\frac{1}{2}$ cup celery

Dissolve the gelatine and salt in hot water. Add cold water and vinegar, then chill until it begins to jelly, stirring occasionally. Add the vegetables and pour into a fancy mold or into a $9\frac{1}{2}$ " x $5\frac{1}{2}$ " bread pan. When stiff, add the following:

Red Layer: 1 cup canned tomato soup	1 $\frac{1}{2}$ tablespoons gelatine	$\frac{1}{2}$ cup water
1 teaspoon onion juice	2 cups left-over ground meat (veal, pork, or lamb)	
	1 $\frac{1}{2}$ teaspoons salt	

Soak the gelatine in water for five minutes, then add the hot tomato soup. Chill over ice cubes and water until partially jellied. Add the meat, but do not stir enough to make a paste of the meat. Pour over the lime jelly.

Serve on a platter garnished with lettuce or endive. A poinsettia or other flower may be made of pimiento and green pepper or hard-cooked egg and green pepper and placed on top of the salad.

Meat LEFT-OVERS

Ham As loaf with horseradish sauce . . . Creamed on waffles . . . In potato croquettes . . . Minced with green pepper on toast . . . Toasted luncheon sandwich . . . With macaroni.

Beef, Lamb,
or Chicken Croquettes . . . Curried dishes . . . Deep dish pies with biscuit, pastry, or mashed potato crust . . . Individual pies . . . Stuffed peppers mixed with rice, bread crumbs, or mixed vegetables.

Beef, Veal,
Pork, Lamb Meat Roll (see page 25) . . . Hash baked with egg on top . . . Stew with dumplings . . . Stuffed tomato. As salad—chopped meats mixed with celery and mayonnaise. Serve on lettuce.

Chicken,
Pork,
Veal Aspic Salad—use meat aspic adding one cup diced meat and one cup diced celery, green pepper, or other vegetable as desired . . . Salad—using diced meat, celery, green pepper, mayonnaise. Buffet Meat Loaf (page 26). Serve with potato chips.

Chicken,
Turkey Turkey Salad Special . . . Turkey Sandwich De Luxe . . . Boston Sandwich.

Fish LEFT-OVERS

Crab,
Cod,
Flounder,
Salmon,
Shrimp,
Tuna Cocktail with Russian Dressing . . . Croquettes . . . Fish Cakes . . . Salad with peas, celery, or carrots and mayonnaise, or Russian dressing . . . Salad with lemon or lime jelly, plus pineapple, pickles, vinegar, celery, and carrot . . . Thrifty Fish Mousse (see page 26). Baked potato stuffed with whipped potato and fish.

Vegetable LEFT-OVERS

Potato, Squash,
Tomato, Onions,
Turnip, Corn,
Spinach,
Carrot, or a
Mixture of
Several

Sprinkled with grated cheese and baked. Mashed potato as top for meat pies.

Rice

Croquettes with almonds . . . Fritters . . . Muffins . . .
Rice Ring for creamed dishes . . . Spanish Rice . . . Waffles.

Carrots,
String Beans

In cream with pimiento garnish . . . Salad, marinated with French dressing—garnished with mayonnaise.

Fruit LEFT-OVERS

Cherries, Pears,
Peaches, Apricots

Fruit cocktail. Mix with fresh fruits. Add thin sugar syrup or syrup from any canned fruit.

Apricots,
Apple Sauce,
Bananas,
Strawberries,
Raspberries

Fritters, Fruit Snow . . . or Whip Sherbets . . . Ice Cream
. . . Mousses . . . Sauces for cake.

Ice Cream LEFT-OVERS

Ice Cream of
Any Flavor

Ice cream sandwiches with sponge cake, chocolate cake, or waffles. Serve with caramel, chocolate, or Melba sauce (see page 18). Partially melt left-over ice creams, pack in layer in a mold or freezing tray and refreeze for tutti frutti ice cream.

Sandwiches Salads

RIBBON SANDWICH LOAF

1 large sandwich loaf, one day old 1 ½ pounds cream cheese onion
4 tablespoons chopped green pepper 3 tablespoons chopped pimiento 2 egg yolks, hard cooked
water salt vegetable colorings

Remove all crusts from bread with a very sharp knife. Slice bread lengthwise, into three slices, so that each will be the length of the loaf and about $\frac{3}{4}$ inches thick.

Divide the cream cheese, placing about $\frac{3}{4}$ cup in two bowls and the rest in a third. Add two teaspoons of water to each, beat until smooth for easy spreading. Season one with pimiento, salt, and a pink vegetable coloring. To the second add pepper and green coloring. To the third add egg yolk, pressed through a fine strainer, and a drop or two of onion juice.

Spread pimiento and green mixture about $\frac{1}{2}$ -inch thick between the slices of bread and press firmly together. Cover the outside with the egg yolk mixture and garnish with a tulip made of green pepper and red pimiento, set in a flower pot of egg plant. Chill two hours and serve in $\frac{3}{4}$ -inch slices. Garnish each service with celery stuffed with Roquefort cheese.

THE GREEN AND GOLD

1 ½ tablespoons creamed butter 2 ½ tablespoons mayonnaise 2 hard cooked eggs
7 chopped green olives

Mash the yolks of the two eggs, add the creamed butter, mayonnaise, finely chopped egg whites, and chopped green olives, then mix together. Spread on unbuttered slices of brown bread.

PICKLED TONGUE AND SWEET RELISH

½ pound pickled tongue mayonnaise 2 tablespoons sweet pickle relish
2 lettuce leaves

Put the pickled tongue through a food grinder. Add the sweet pickle relish and mix with mayonnaise. Butter slices of whole wheat bread. Spread one slice with filling, place a crisp lettuce leaf on top of the filling, then cover with second slice of bread. Trim off crusts. Cut diagonally across and serve with radishes and stuffed olives.

CREAM CHEESE AND GINGER

1 package white cream cheese 2 tablespoons candied ginger top milk

Soften the cheese with a little top milk. Chop ginger fine and add to cheese. Spread between thin slices of buttered white bread. The combination of flavors in this sandwich is very unusual and appetizing.

ROLLED SANDWICHES

1 tender green pepper 1 peeled cucumber firm lettuce hearts
 mayonnaise salt and pepper to taste

Chop first three ingredients very fine, then season. Trim crusts from day-old sandwich loaf. Cut bread into thin slices lengthwise of loaf. Spread with soft, creamed butter and filling. Cut slices into six-inch strips. A tiny sprig of parsley or water-cress may be tucked in each end. Roll the bread tightly at the start as for jelly roll. Wrap in a damp cloth and place in the food compartment until ready to serve.

Longer pieces of bread may be spread with a smooth filling such as anchovy, butter, cream cheese, deviled ham, etc., rolled very tight and stored, wrapped in a damp cloth. These may be sliced in $\frac{1}{4}$ -inch pieces with a very sharp knife.

TOMATO ASPIC

1 pkg. lemon-flavored gelatine 1 $\frac{3}{4}$ cups strained tomato juice $\frac{1}{4}$ cup vinegar
1 teaspoon onion juice $\frac{1}{2}$ teaspoon salt $\frac{1}{8}$ teaspoon white pepper
 $\frac{1}{8}$ teaspoon cloves $\frac{1}{4}$ teaspoon paprika

Heat tomato juice and seasonings to boiling and pour over lemon-flavored gelatine. Stir until thoroughly dissolved. Chill.

Pour into molds that have stuffed olives cut crosswise or pimiento strips in the bottom. Serve with mayonnaise on lettuce. (6 servings—double for a large mold.)

GLORIFIED CABBAGE SALAD

2 cups shredded cabbage 1 chopped green pepper 3 tablespoons chopped walnut meats
1 tart red apple 2 tablespoons chopped pimientos $\frac{1}{4}$ cup cider vinegar
 $\frac{1}{4}$ cup water 2 tablespoons sugar

Mix the water, vinegar, granulated sugar together. Pour over shredded cabbage. Soak for an hour. Drain off liquid, add chopped pepper, walnut meats, pimientos, and apple that has been cut in slender strips. Place in the food compartment. Chill thoroughly and mix with mayonnaise before serving. Serve on lettuce leaf. Serves 6 to 8.

COTTAGE CHEESE RING

2 cups cottage cheese 1 $\frac{1}{2}$ tablespoons gelatine $\frac{1}{4}$ cup milk
2 tablespoons lemon juice 1 teaspoon salt 1 cup whipping cream

Soak the gelatine in milk and melt over hot water. Add the salt and lemon juice to the cottage cheese and blend thoroughly, then add the melted gelatine and finally whipped cream.

Add to an eight-inch ring mold and chill in your Westinghouse refrigerator.

Turn the cheese ring on a large chop plate and fill the center with a mixture of salad greens, finely sliced green pepper, two tomatoes (cut in quarters) which have been marinated in a chiffonade dressing. Serves 6.

Serve as the main course of a luncheon with hot clover leaf rolls (see page 21), pickles, olives, celery, and a beverage. A spicy refrigerator ginger bread (see page 22) with whipped cream or ice cream balls is delicious for dessert.

FROZEN CALIFORNIA SALAD

$\frac{1}{4}$ cup figs	1 package white cream cheese	$\frac{1}{8}$ cup seedless raisins
$\frac{1}{8}$ cup pecans	$\frac{1}{8}$ cup dates	$\frac{1}{8}$ cup pineapple, crushed
juice of 1 lemon	$\frac{1}{2}$ cup whipping cream	$\frac{3}{4}$ cup mayonnaise
6 maraschino cherries		1 teaspoon salt

Chop the fruits fairly fine. If the raisins are at all dry, soak for 15 minutes in scalding hot water and drain. Mix the cream cheese with the mayonnaise and blend until the cheese is smooth. Whip the cream and thoroughly blend all the above ingredients. Pack in a Westinghouse refrigerator pan or in a fancy mold, and freeze in the Automatic Froster. Set the Temperature Selector to No. 2 or Freezing for two hours. then back to No. 3 or 4, Extra Cold or Heavy Duty until ready to serve.

FROZEN PEACH SALAD

$\frac{1}{4}$ cup peach juice	$\frac{1}{4}$ cup orange juice	2 tablespoons lemon juice
2 eggs	$\frac{1}{2}$ cup sugar	1 cup whipping cream
	1 $\frac{1}{2}$ cups canned peaches	pinch of salt

Heat in the double boiler $\frac{1}{4}$ cupful each of peach and orange juice, 2 tablespoons of lemon juice, and a pinch of salt. Beat 2 egg yolks with $\frac{1}{2}$ cupful sugar, and stir hot juices into them, then cook over hot water, stirring until thick and smooth. Cool, then fold in stiffly-beaten egg whites and 1 cup of cream (whipped) and $1\frac{1}{2}$ cups of canned peaches cut into small pieces. Pour into one of the trays, place in Automatic Froster and freeze without stirring with the Temperature Selector set at "Coldest". Serve on lettuce, garnishing with mint.

DELUXE TOMATO SALAD

1 cup canned tomato soup	$\frac{1}{2}$ lb. cream cheese	1 $\frac{1}{2}$ tablespoons gelatine
$\frac{1}{2}$ cup cold water	1 cup mayonnaise	1 cup chopped celery
1 chopped green pepper	1 minced onion	2 tablespoons tomato catsup
	3 tablespoons lemon juice	

Soften the gelatine in the cold water. Bring the soup to a boil and add the cheese. Stir until cheese has melted, then add the gelatine. Chill, add the chopped vegetables, catsup, lemon juice, and mayonnaise. Place in Westinghouse refrigerator to jelly. Serve on lettuce leaves with a garnish of stuffed olives.

FROZEN VITAMIN SALAD

3 raw tomatoes	1 cucumber	1 green pepper or $\frac{1}{2}$ cup crushed pineapple
$\frac{1}{2}$ cup celery	$\frac{1}{2}$ cup mayonnaise	$\frac{1}{2}$ teaspoon salt
	1 teaspoon gelatine	

Peel and cut the tomatoes into small pieces, placing in a strainer. Soften the gelatine in $\frac{1}{4}$ cup tomato juice and melt over hot water. Pare cucumber, cutting two or three times lengthwise then slice in thin slices. Add the finely sliced celery, chopped green pepper, mayonnaise, gelatine, then salt to taste. Freeze about two hours, with the Temperature Selector set to "Coldest". If the salad is to remain in the refrigerator longer, be sure to set Temperature Selector back to normal operating position.

FRUIT SALAD IN MINT RINGS

1 package Mint Jelly Powder Juice $\frac{1}{2}$ lemon 1 $\frac{1}{2}$ cups boiling water
Sugar if desired

Pour boiling water over mint jelly powder. Add lemon juice and sugar to taste if desired. Pour into individual ring molds. Place in refrigerator to jelly.

Cut 1 grapefruit, 2 halves peaches, 2 bananas, 2 $\frac{1}{2}$ slices pineapple into small pieces, drop 2 tablespoonsful into center of each mold. Top with fruit salad dressing. Garnish with emelettes and lettuce. Serves 6.

CUCUMBER AND PINEAPPLE JELLY

2 tablespoons gelatine $\frac{1}{4}$ cup cold water 1 cup boiling water
 $\frac{1}{4}$ cup sugar $\frac{1}{2}$ teaspoon salt juice $\frac{1}{2}$ lemon
1 cup diced cucumber $\frac{1}{2}$ cup vinegar 1 cup canned shredded pineapple

Soak gelatine in cold water 5 minutes, then dissolve in boiling water. Add sugar, salt, vinegar, and lemon juice; chill. When the mixture is the consistency of thick syrup, stir in the cucumber and pineapple. Pour into wet individual molds or individual ring mold. Place in food compartment to jelly. Unmold on a slice of pineapple and serve with mayonnaise. Serves 6 to 8.

FROZEN PINEAPPLE AND ORANGE SALAD

$\frac{1}{2}$ cup crushed pineapple $\frac{1}{4}$ cup maraschino cherries, sliced 1 orange
 $\frac{1}{4}$ cup mayonnaise 1 cup cream, lightly whipped $\frac{1}{4}$ teaspoon salt
1 package cream cheese

Drain pineapple and cherries, pare orange, then free sections from membrane. Blend cream cheese and mayonnaise, mix with fruit and salt. Fold in beaten cream, stirring lightly. Pack in round baking powder tin or ice tray and freeze with Temperature Selector set at "Coldest" till frozen, then at No. 5 or Normal till ready to serve. Serve before fruit is frozen hard.

ASPIC FOR MEAT SALADS

1 tablespoon gelatine $\frac{1}{4}$ cup cold water 1 $\frac{1}{4}$ cups boiling water
2 bouillon cubes $\frac{1}{4}$ cup vinegar or lemon $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups left-over meat and vegetables

Soak gelatine in cold water and dissolve in boiling water. Add bouillon cubes and seasonings. Cool and mix with left-over meat or vegetables, or store in food compartment for future use. Melt before meats are added.

APRICOT GLACE

1 cake white cream cheese $\frac{1}{2}$ cup quince jelly 1 tablespoon lemon juice
1 teaspoon gelatine $\frac{1}{4}$ cup cold water 1 cup whipping cream

Soak gelatine in cold water and melt over hot water. Cream the cheese with the lemon and jelly until smooth. Add the melted gelatine and finally fold in the whipped cream. Pour into a freezing pan, and freeze without stirring with Temperature Selector at "Coldest". When frozen, reset to Extra Cold or Heavy Duty. Arrange three halves of apricot on lettuce, and add a teaspoon of the cheese mixture to each. Serves 6 to 8.

SALMON LOAF SUPREME

1 package lime gelatine	1 cup boiling water	1 cup ice water
2 tablespoons lemon juice	$\frac{1}{2}$ teaspoon salt	1 cup cucumber

Dissolve the gelatine in hot water, add the ice water, lemon juice, and salt, then cool. When mixture begins to stiffen, add the cucumber and pour into a rectangular mold. Place in your Westinghouse to jelly. When stiff add the following mixture:

1 tablespoon gelatine	2 tablespoons water	1 cup mayonnaise
1 teaspoon salt	$\frac{1}{2}$ cup celery, sliced	$\frac{1}{2}$ cup sweet pickles, chopped
1 $\frac{1}{2}$ tablespoons vinegar		1 $\frac{3}{4}$ cups salmon

Soak the gelatine in cold water, then melt over hot water. Mix with a little of the mayonnaise and finally stir into the salmon from which skin and large bones have been removed. Add the salt, celery, pickles, mayonnaise, and vinegar.

This mixture should stand for several hours or over night before unmolding. Surround with leaves of lettuce, each holding two tablespoons of peas which have been marinated in French dressing. Garnish the ends of the platter with sections of tomato, and top the peas with mayonnaise. Serves 8.

HEALTH SALAD

$\frac{1}{4}$ cup chopped green pepper
$\frac{1}{2}$ cup shredded cabbage—plus 1 tablespoon mayonnaise
$\frac{1}{2}$ cup shredded carrot—plus 1 tablespoon mayonnaise
$\frac{1}{2}$ of a white cream cheese softened with
$\frac{1}{2}$ tablespoon water, milk, or cream, and flavored with just a trace of onion

Cut the cabbage and raw carrot into fine shreds and mix with a level tablespoon of thick mayonnaise. Cut a half-inch slice from a large head of lettuce and place on a salad plate. Sprinkle with French dressing. Place on this a three-inch open biscuit or cookie cutter and add the carrot mixture, then add a layer of the cabbage mixture, and finally the chopped green pepper. Remove the cutter, leaving mold of vegetables. Surround this with the cream cheese forced through a pastry tube.

LOBSTER MOUSSE

2 cups shredded lobster	2 tablespoons gelatine	1 cup cold water
1 cup boiling water	1 cup mayonnaise	2 tablespoons shredded pimiento
1 teaspoon salt		1 cup whipping cream

Soak gelatine in a little cold water and melt in boiling water. Add the rest of the cold water and chill while preparing lobster and pimiento. Mix all together, folding in the whipped cream last. Pour into a melon mold and allow to stand in food compartment till ready to serve.

Garnish with slices of tomato and cucumber laid alternately against the mousse and with leaves from the heart of lettuce, or with chickory.

Serve with a highly seasoned mayonnaise or sour cream and cucumber dressing. Serves 8 to 10.

HINDOO SALAD

(Individual Portion)

5 slices of tomato
mayonnaise
½ hard boiled egg
chopped parsley or cress
cabbage

Crisp a head of cabbage in Westinghouse refrigerator. Shave very thin and arrange on a salad plate. Slice tomato which has been peeled by immersing in boiling water until the skin may be easily removed. Salt and pepper each slice and place 4 slices on the bed of cabbage. On alternate slices sprinkle the finely-chopped egg and chopped parsley or cress. In the center of the salad, place the fifth slice, and on it add a generous mound of mayonnaise which has been pressed through a pastry bag. Top with a small sprig of parsley or a star cut out of red pepper.

STUFFED PRUNE AND ORANGE SALAD

1 dozen large cooked prunes
4 stalks celery, finely chopped
mayonnaise
3 large oranges

Remove stones from cooked prunes. Mix mayonnaise with finely chopped celery, and stuff the prunes. Pare the oranges, then slice. Arrange three slices of orange in center of lettuce leaf, place large stuffed prune on either side of the orange slices. Chill in the Westinghouse refrigerator until ready to serve. Serve with French dressing. Serves 6.

SPRING SURPRISE SALAD

1 large cucumber
3 stuffed olives
1 pkg. lemon flavored gelatine
3 tomatoes
2 cups boiling water
1 head lettuce
mayonnaise

Dissolve gelatine in boiling water and fill individual molds $\frac{1}{3}$ full (a muffin pan may be used). Place in refrigerator and when firm, decorate with thinly sliced olives and cucumber. Add just enough gelatine to hold decoration but not enough to let it float. Return to refrigerator.

Remove skins from 3 tomatoes and slice in 1-inch slices. Spread one side with mayonnaise, sprinkle with salt, place on salad plate with the mayonnaise side down. Unmold gelatine mixture, place on top of the slice of tomato. Put mayonnaise around the outside of the tomato and completely cover the mayonnaise with shredded lettuce. Serves 6.

TURKEY SALAD SPECIAL

3 cups turkey
 $\frac{1}{2}$ pound white grapes
1 chicken bouillon cube
4 eggs, hard cooked
 $\frac{1}{2}$ cup nut meats
 $\frac{3}{4}$ cup boiling water
3 stalks celery
1 tablespoon gelatine
1 teaspoon salt
1 cup mayonnaise
pepper to taste

Cut turkey, celery, and hard-boiled eggs into small pieces. If grapes are of the small seedless variety leave whole; otherwise cut in half and remove seeds. Soak gelatine in water and dissolve in hot bouillon. Cool, add to the mayonnaise and finally mix with the other ingredients. Pour into a large fancy mold or individual molds and when firm turn out on lettuce leaves.

Be sure to place individual molds on beds of shredded lettuce. Use the big green outside leaves that are so often discarded, yet which contain important vitamins. The shredded lettuce makes it much easier to arrange the small molds on the lettuce leaves.

Frozen cranberry sauce is a delicious accompaniment for this salad. Serves 8.

STRAWBERRY CUBE SALAD

1 pkg. lemon jelly powder ½ cup boiling water 1 ½ cups ginger ale
¾ cup chopped dates ¼ cup chopped nuts
18 cleaned, stemmed strawberries

Dissolve 1 package of lemon jelly powder in ½ cupful boiling water. Add ginger ale, place in your Westinghouse until the consistency of syrup. Pour a thin layer on the bottom of an ice tray. Add three strawberries, stem down, for each portion. Chill until firm. Pour in the remaining jelly solution to which the nuts and dates have been added. Serve with mayonnaise to which whipped cream has been added.

VEGETABLE SALAD RING

1 package lemon jelly powder 1 pint boiling water 1 teaspoon salt
2 tablespoons vinegar ¼ doz. stuffed olives 1 cup chopped cucumber
½ cup chopped green pepper ¼ cup sliced green onions or cabbage ½ cup grated carrots
½ cup chopped celery green coloring, if desired

Add water and seasonings to jelly powder then cool. Cover the bottom of a mold with jelly solution and place in Westinghouse to jell. When firm, decorate with a poinsettia design made of pimiento and green pepper or slices of hard cooked egg and olive. Add just enough more jelly solution to cover but not float the design and replace in refrigerator to jell.

Mix the vegetables with the remainder of the jelly solution and add to the mold.

VALENTINE VITAMIN SALAD

1 package strawberry jelly powder 1 cup hot water ¾ cup cold water
¼ teaspoon salt ½ cup shredded carrot ½ cup celery, sliced fine
2 tablespoons lemon juice 2 ripe bananas ½ cup pineapple

Dissolve jelly powder in hot water and add cold water to cool. Shred carrots, slice celery, and cut bananas in cubes. Sprinkle lemon over the bananas.

Add the salt to the hot jelly solution and when cool and it begins to thicken, add the vegetables.

Mold in decorative molds and serve with mayonnaise on shredded lettuce garnished with water-cress.

CREOLE SALAD

1 ½ cups boiled rice (cold) ½ cup meat ¼ cup celery
1 pimiento 1 medium sized green pepper ¼ teaspoon salt
½ cup mayonnaise few drops onion juice, garlic, or a few slices of green onion

Cut chicken, veal, or pork into small pieces. Cut the pimiento and pepper in quarter-inch squares and slice the celery. Blend all of the ingredients together and pack into molds. This will fill 6 four-inch ring molds.

This is a very inexpensive and very delicious salad which may be made of almost any left-over meat.

Serve on shredded lettuce, with mayonnaise in the center of the ring.

Salad Dressings

FRENCH DRESSING

$\frac{3}{4}$ to 1 tablespoon vinegar 3 tablespoons olive oil $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon sugar

Place the above or any multiple of the ingredients in a bottle and shake or place in a bowl and beat with a silver fork. It is best served fresh and cold.

VARIATIONS OF FRENCH DRESSING:

Garlic may be pared and rubbed over the bottom of the bowl. If three times the recipe is made, the clove of garlic may be left in the dressing for about an hour.

Roquefort Cheese—add in the proportion of about $\frac{1}{2}$ teaspoonful to $\frac{1}{4}$ cup of French dressing. Press the cheese through a fine strainer.

Lemon Dressing is more interesting to use on fruit salads than is a dressing made of vinegar. Substitute lemon for the vinegar in the above French dressing recipe.

Chiffonade Dressing. Use over endive or salad green. To twice the recipe for French dressing, add the following, finely chopped: 2 tablespoons of parsley, 2 hard boiled eggs finely chopped, 2 tablespoons red pepper, 1 tablespoon shallot, $\frac{1}{4}$ teaspoon of paprika.

BOILED DRESSING

4 tablespoons sugar 1 teaspoon salt 2 tablespoons cornstarch
1 teaspoon mustard 2 tablespoons vinegar 3 tablespoons lemon juice
 $1\frac{1}{2}$ cups boiling water 2 tablespoons butter 2 egg yolks

Mix dry ingredients. Add vinegar, lemon juice, water, and butter. Cook until thick, stirring frequently in double boiler. Add beaten egg yolks, then cook 1 minute longer. When cool, place in covered jar and keep in refrigerator. Thin as needed with cream, plain or whipped.

MAYONNAISE

1 whole egg 3 tablespoons lemon juice 1 teaspoon salt
 $\frac{1}{2}$ teaspoon mustard $\frac{1}{8}$ teaspoon paprika 2 cups salad oil

Put egg, seasonings, 1 tablespoon lemon juice, and $\frac{1}{4}$ cup oil in bowl, then beat with Dover egg beater. Add remaining oil, $\frac{1}{4}$ cup at a time. Beat well. Remaining lemon juice is added a little at a time during the mixing.

SOUR CREAM DRESSING

$\frac{1}{4}$ cup sour cream $\frac{1}{2}$ teaspoon vinegar $\frac{1}{8}$ teaspoon salt
1 teaspoon lemon juice dash of cayenne pepper

This sour cream dressing is usually served on fish salads, but may be used with equal success on all types of fruit salads. Thoroughly mix all ingredients, then chill.

